



Cookin' with Kilowatts



Cookbook

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Cookin' with Kilowatts contest

We challenged our customers, to take a favorite recipe that you would normally bake in your oven or cook on your stovetop, and prepare it using an electric cooking method that uses less energy.

- All customers who submitted a recipe using a more energy-efficient method received a free City Light pot holder and chef's hat.
- Culinary instructors from South Seattle Community College served as the judges awarding PCC gift cards to first (\$250), second (\$150) and third (\$100) place winners.



Typical appliance costs

APPLIANCE	TEMPERATURE	TIME	ENERGY	COST*
Electric oven	350° F	1 hour	2.0 kWh	19¢
Toaster oven	425° F	50 minutes	.95 kWh	9¢
Crockpot	200° F	7 hours	.7 kWh	7¢
Microwave oven	High setting	15 minutes	.36 kWh	3¢

Source: Consumer Guide to Home Energy Savings
*Assumes 9.5¢/kWh



★ ★ ★ ★
★ FIRST PLACE ★

.6 kWh
Coo ou Vin

Lauren Rhoades
Seattle

This recipe is a tasty traditional entree made easy and energy efficient. As the title suggests, it adds only about 6 cents (0.6 kWh) to your energy bill. And, it is gluten free and wheat free if you use almond flour! This recipe is similar to one my mother makes, and it uses one slow-cooker instead of several burners and lots of laboring with each step of traditional Coq Au Vin.

It is great to know you can make a hot, delicious dinner without cooking away the kilowatts!

Prep Time: 20 minutes

Cooking time: 5-6 hours

Makes: 6 servings

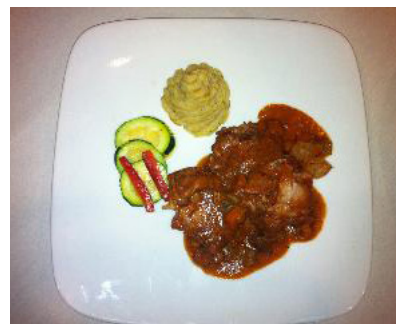
In the slow cooker, whisk together the wine, herbs de Provence, salt and peppers. In a separate bowl, mix together the tomato paste and almond meal until smooth. Add this to the wine mixture, then add all remaining ingredients and stir to coat.

Cook for 5-6 hrs on low in covered slow-cooker, or about 3 hrs on high.

Serve with noodles or potatoes and something green!



5-6 hours
in a crockpot



5-6 quart slow cooker

12 oz. chicken broth or red wine

2 tsp herbes de Provence

2 tsp salt

1 tsp ground white pepper

1/2 tsp black pepper

3/4 cup tomato paste

3 T almond flour or wheat flour

*3 pounds boneless,
skinless chicken thighs*

*1 1/2 cup trimmed pearl onions
or 1 cup coarsely chopped white
onion*

2 carrots chopped

2 celery stalks chopped

1 1/2 cup button mushrooms

*5-6 slices of bacon coarsely
chopped (uncooked)*

2 cloves of garlic minced



SECOND PLACE

Salmon Steamed in Banana Leaf

Patrice Block
Tukwila



Wondering, researching, obsessing and then, of course, the taste testing. I am THRILLED with the results. The idea of the contest got me so inspired to consider the options of cooking with less energy. Microwave? I never even thought of it. Picking the flavor profile and creating a fancy, romantic meal for two from the microwave was a triumph. I can picture the less adept cooks putting this dinner together to impress a special someone.



The ingredients are readily available, although slightly exotic. Banana leaf can be found at Asian markets and many grocery stores.



40 minutes
in a microwave

Prep Time: 1 hour

Cooking time: about 40 minutes

Makes: 2 servings

FOR SALMON

In a 5" Pyrex pie pan, add coconut milk, ginger and Thai basil leaves.

Wrap salmon, seasoned with salt and pepper, in two 10" x 10" banana leaves and set into pie pan

Set aside

FOR QUINOA

In a 1.5 Q bowl add quinoa, cold water, lemongrass and halved pinch of salt

Cook on high, uncovered for 20 minutes.

FOR DAHL

In a 2.5 Q bowl add red lentils, coconut milk, cold water, Garam Masala and cayenne.

Cook for 7 1/2 minutes, uncovered, on high.

Add one thinly sliced carrot, stir well

Cook 7 1/2 minutes

Season with salt, turmeric and stir well

TO FINISH

Cook salmon on high:

4 minutes medium for rare, 4 1/2 minutes for medium or 5 minutes to cook through.

Remove salmon from pie pan, set aside. Remove ginger. Add 1 tablespoon of butter to sauce, salt and pepper to taste.

On a bed of fresh spinach, spoon quinoa and Dahl, lay salmon and add sauce.

SALMON

5" Pyrex pie pan

2 6 oz fillets

1/2 cup coconut milk

Quarter-sized slice of ginger

8 Thai basil leaves.

Salt and pepper

2 10" x 10" banana leaves

1 tbsp butter

QUINOA

1.5 quart bowl

1/4 cup quinoa

1 cup cold water

5" stalk of lemongrass, bruised

Halved pinch of salt

DAHL

In a 2.5 quart bowl add:

1/2 cup red lentils

1/2 cup coconut milk

1 cup cold water

1/2 tsp Garam Masala

Pinch of cayenne

One carrot, thinly sliced

Salt

1/2 tsp turmeric



THIRD PLACE

Indian Game Hens

Elizabeth McGee
Seattle

2 whole Cornish game hens
1 large yellow onion
6 garlic cloves
Cooking spray
2 T extra virgin olive oil
2 tsp ground coriander
2 tsp ground cumin
2 tsp chili powder
2 tsp garam masala
1 tsp ground cumin
1 tsp salt
1/2 tsp ground cayenne pepper
1/2 tsp ground black pepper
1/2 tsp ground cinnamon



Prep Time: 10 minutes

Cooking time: up to 4 hours, depending on settings

Makes: 2-4 servings

Plug in crockpot and lightly coat interior with cooking spray.

Combine all spices into a small bowl, stir to combine.

Peel onion and cut into 8-10 sections. Set aside

Peel garlic cloves and smash using the side of a large knife. Set aside.

Rinse game hens under cool running water and pat dry with paper towel on cutting board. Loosely stuff two small onion chunks and one garlic clove into the cavity of each hen.

Place remaining onion and garlic pieces in the bottom of the crock-pot.

Using clean hands rub hens lightly with olive oil and sprinkle spice mixture evenly to coat each hen. Reserve 1 tablespoon spice mixture. Gently place the two hens into the crock-pot, side by side, breasts facing up. Sprinkle remaining spice mixture over top of hens.

Cover. Cook on high for 1- 1 1/2 hours or low 2-3 hours until juices run clear and game hens are cooked to an internal temperature of 180° F.

Serve over a bed of white or brown rice.



Up to 4 hours
in a crockpot



Culinary instructors from South Seattle Community College served as the judges

Rice Casserole

Jorge Carrasco
General Manager and CEO, Seattle City Light

1 onion, chopped

2 sticks celery, chopped

2 slices thick cut bacon, chopped

1 cup long grain rice

1/2 cup dry white wine

2 cups chicken stock

1 bell pepper chopped

4 shallots, chopped

1 T chopped parsley

1/4 tsp turmeric

Prep Time: 10 minutes

Cooking time: 15 minutes

Makes: 4 servings

Combine onion, celery and bacon in a large shallow microwave dish and cook on high for three minutes

Add the rice, wine, and stock, and cook on high for 15 minutes.

Stir occasionally during cooking. Add remaining ingredients and cook on high for two minutes or until heated through.



40 minutes
in a microwave

Pineapple Upside Down Cake

Mike O'Brien
Councilmember

*From the 1976 SCL publication:
"Let's Cook" prepared by the Consumer Education department.*

Prep Time: 5minutes

Cooking time: 30-35 minutes

Makes: 6-8 servings

Prepare package cake mix according to directions.

Melt butter in an electric skillet on low heat and add brown sugar; mix thoroughly

Put pineapple slices in the 4 corners of the skillet and one in the center. Place maraschino cherry in center of each pineapple slice (if using walnuts, they can be placed around pineapple slices upside down).

Carefully pour cake batter over all ingredients.

Cover fry pan tightly, close vent, bake 30 to 35 minutes at 260° F

Invert cake onto large platter.



**30-35 minutes
in an electric skillet**



6 tablespoons butter or margarine

1 - 1/2 cups brown sugar

5-9 slices canned pineapple

5-9 maraschino cherries

Walnuts, halved (optional)

1 yellow cake mix

*Hint: You can also use
gingerbread mix and pears.
Just omit the brown sugar*

City Light employee baking
contest, circa 1960.



Triple Chocolate Brownies

Alex Gardner
Seattle

Prep Time: 15minutes

Cooking time: 40 minutes

Makes: 6-8 servings

Lightly coat a 5-quart crockpot insert with cooking spray. Line bottom with parchment paper and lightly coat with spray. In a bowl, whisk together flour, cocoa, baking powder, and salt.

Place butter and chocolate in a medium microwave-safe bowl and microwave in 30-second increments, stirring after each, until chocolate is melted. Add sugar; stir to combine. Stir in eggs. Add flour mixture, and chocolate chips and stir just until moistened (do not over mix). Transfer to slow cooker and smooth top.

Cover and cook on low, 3 1/2 hours. Uncover and cook 30 minutes. Remove insert from slow cooker and run a knife around edge to loosen. Let cool completely.



2-3 minutes
in a microwave



4 hours
in a crockpot



Non-stick cooking spray

1 1/4 cup unsweetened cocoa powder

3/4 tsp baking powder

1/2 tsp coarse salt

1/2 cup unsalted butter

8 ounces bittersweet chocolate, chopped

1 cup sugar

3 large eggs, lightly beaten

1 cup semisweet chocolate chips (6 ounces)

Summertime blash

Melessa Rogers
Burien

8-12 oz leftover grilled steak diced
1-3 ears grilled corn
1 cup chopped onions
2-3 medium potatoes
2 cloves minced garlic
1 T olive oil
Salt to taste
Fresh ground pepper to taste

Prep Time: 10 minutes
Cooking time: 17-26 minutes
Makes: 2-3 servings

Wash potatoes thoroughly and dice into 1 inch cubes (peeling is optional). Place in a microwave safe dish with 1/2 cup water, cover and cook on high for 6-8 minutes.

In a large bowl using a sharp knife slice in a downward motion the kernels off 1-3 grilled and cooled ears of corn. Use the knife to scrap the juice from the cobs in a downward motion. Set bowl aside.

Heat 1 T olive oil in an electric skillet medium heat for 30-45 seconds. Add chopped onions. Cook for 3-5 minutes, until onions are softened and translucent. Drain potatoes and add to onions. Add minced garlic and cook for 3-5 minutes until potatoes start to brown. Add corn kernels/juice and diced steak to mixture. Cook for 5-8 minutes until potatoes, corn and meat are browned. Salt/pepper to taste. Enjoy



6-8 minutes
in a microwave



11-18 minutes
in an electric skillet

Quiche Florentine

Angela Corwin
Seattle

I was surprised at how well the dish turned out. Some people are adamantly against microwaving eggs, but these eggs turned out lighter and fluffier than many other egg dishes I've had. I love that I can make a quick, tasty meal without using much energy.

Prep Time: 5 minutes

Cooking time: 2 minutes

Makes: 1-2 servings

Add 3 eggs, salt and pepper to a bowl.

Tear spinach and swiss cheese into pieces and add to egg mixture. Whisk.

Place ham to cover the bottom and part of the sides of a separate microwave safe bowl or dish.

Microwave ham for 30 seconds.

Pour first bowl of entire egg mixture into bowl to cover most of the ham.

Microwave for 90 seconds or until eggs are fluffy and cooked.

Sprinkle parmesan on top



2 minutes
in a microwave



3 eggs

1/2 tsp salt

1/2 tsp pepper

1/2 cup, approx. a small handful
baby spinach, shredded

3/4 oz, approx. 3/4 of one slice
Swiss cheese, shredded

2 slices, approx. 1/8 lb deli ham

Parmesan cheese, shredded

Party Beans

Emily Evans
Seattle



2 28 oz B&M style baked beans
1 lb thick sliced bacon
1/3 cup molasses
1/4 cup brown sugar
2 large onions,
chopped or sliced thinly
1 15 oz can garbanzos
1 15 oz can pinto beans
1 15 oz can butter beans
1 15 oz can black beans
1 15 oz can kidney beans
3 T ketchup
1/4 cup red wine vinegar
1 tsp dry mustard
(in a pinch use regular)
2 or 3 garlic cloves, minced

These beans freeze VERY well, so I usually double the recipe.

Prep Time: 15 minutes

Cooking time: 10 hours

Makes: 12 servings

Cook bacon slowly in microwave, drain & snip crosswise into strips.

Also in microwave put chopped onions into dish bacon cooked in, add small amount of water, cover and cook for approximately 2 minutes (until onions are limp).

Spray Crock Pot with cooking spray.

Mix all ingredients together well in huge bowl and transfer to crockpot.

Cook 20 hours in crockpot on low!



3-5 minutes
in a microwave



10 hours
in a crockpot

A 1960's cooking lesson
with City Light expert Home
Economist, Mary Norris.



Fruit Crumble

Joyce Allen
Seattle

1/2 cup light brown sugar, packed

1/2 cup flour

1/2 cup quick cooking rolled oats

1/4 cup butter, melted

1/2 T cinnamon

*2 cups blackberries, raspberries or
blueberries, rhubarb, apples
or pears*

1/2 cup granulated sugar

1 T cornstarch

1/2 cup water

1/2 T vanilla

Prep Time: 15 minutes

Cooking time: 17-26 minutes

Makes: 4 servings

Grease a 9 x 5 bread pan, bottom and sides. Set aside.

In a mixing bowl, combine brown sugar, flour, oats, butter and cinnamon; mix until crumbly.

Press half in bottom of pan, top with clean berries or thinly sliced fruit. Top with remaining crumble mixture.

Preheat toaster oven to 375° F. In a microwavable bowl stir together the cornstarch, water, sugar and vanilla, removing any lumps. Microwave on high for 5 minutes, stirring twice. Continue microwaving only until mixture turns clear from the original milky white. Pour over crumble.

Place in toaster oven for 40 minutes.

Serve with vanilla ice cream or whipped cream.



**6-8 minutes
in a microwave**



**40 minutes
in a toaster oven**

Football Chili Cheese Dip

Damian Phraner
Shoreline

I enjoyed learning about energy efficient ways of cooking. Since the summer was so wonderful, it opened my mind to use alternatives and cool down the kitchen.

Prep Time: 5 minutes

Cooking time: 30 minutes

Makes: 4-6 servings

Put the crockpot on high.

Add all ingredients and stir occasionally.

30 minutes later you will have a great dip for chips, veggies or whatever you choose.



30 minutes
in a crockpot



2 15 oz cans of chili
(any chili will work)

1 16 oz package of
Velveeta cheese

1 can of Rotel tomato and chilies

1/4 tsp of cayenne pepper
(optional)

Like many utilities, City Light offered a Home Economics service from the 1930s to the 1970s.



Ratatouille

Sigrid Reymond
Seattle

In Seattle the solar oven is only effective during summer. The interior of the house doesn't get heated when cooking with a solar oven, so this is a more comfortable cooking method in hot weather.

It is very important to ensure that the temperature in the solar oven remains above 212° F so food will cook thoroughly.

Prep Time: 15minutes
Cooking time: 3-5 hours
Makes: 2-4 servings

Combine all ingredients in a dark-colored pan with a lid.

Cook in solar oven 3-5 hours at 250-350F, stirring occasionally. Turn the solar oven every 30-45 minutes to ensure that it remains in full sun. Do not allow internal temperature to drop below 212° F.



3-5 hours
in a solar oven



1 cup chopped onions
1 chopped zucchini
1 chopped eggplant
2 cups chopped tomatoes
1/2 cup red wine
2 T each chopped thyme, oregano,
and parsley
1 tsp ground coriander

Crab Stuffed Mushrooms

Alexandra Austin
Seattle

I brought the stuffed mushrooms as appetizers and asked the hostess to microwave them. They were a big hit!

1 can of crab (drained well)

1 can of already-chopped black olives

2 T dehydrated chopped onion

2 T chopped fresh garlic

12-15 (med to large) fresh mushrooms

1/2 stick of butter

1 lb. cheddar cheese (grated)

Prep Time: 30 minutes

Cooking time: 17-26 minutes

Makes: 4-6 servings

Wash mushrooms. Remove stems and save them. Scoop out insides of mushrooms (save that, too), being careful not to break the mushroom cap. (A melon baller works great!) Finely chop the stems and scoopings.

Melt butter in electric skillet (about 275° F) and sauté scoopings, olives, crab, onion and garlic. Add grated cheese and continue heating, stirring until cheese melts. Stuff the mixture into mushroom caps until heaping above rims.

Put stuffed mushrooms into a greased or buttered pan, cover loosely with plastic wrap. Microwave on high for about 4 to 5 minutes until mushrooms are heated through, but not overcooked.



5-7 minutes
in an electric skillet



4-5 minutes
in a microwave

White-hot Chili, Cool-Cucumber Kitchen

Lisa Carcia
Seattle

This is a simple recipe with a flavor payoff much greater than the effort that goes into it. The departure from the usual chili flavors and the use of hominy make it different and memorable. Freezes very well.

Prep Time: 15 minutes
Cooking time: 4-8 hours
Makes: 4-6 servings

Heat olive oil in a skillet over medium heat.

Add cumin seeds & stir until fragrant.

Add onion & sauté until golden. Add garlic and continue to sauté for another minute or so.

Put the sautéed ingredients in a slow cooker, adding hominy, beans and green chilies. Add enough water or vegetable broth to create desired chili consistency.

Cook on Low for 6-8 hours or High for 4-6 hours. Serve with your favorite accompaniment: cornbread, tortillas, or rice. Pass green Tabasco sauce at the table for extra heat.



4-8 hours
in a crockpot

- : 1 tsp whole cumin seeds, lightly
- : crushed
- : 1 onion, diced
- : 2 cloves garlic, minced
- : 1 T olive oil
- : 1 15 oz can of each of the
- : following, drained and rinsed:
- : white hominy, garbanzo beans,
- : butter beans and navy beans
- : 1 7 oz can chopped mild green
- : chilies (or equivalent amount of
- : jalapeños en escabeche for a
- : hotter dish)
- : Water or vegetable broth
- : Salt and white pepper to taste
- : Green jalapeño Tabasco sauce,
- : to taste

Casino Style Sea Scallop

Smitha Dante
Seattle

1/3 cup butter
1/2 to 3/4 cup breadcrumbs,
preferably Panko style
1 shallot, finely diced
1-2 cloves garlic, finely diced
Cilantro or parsley
1/2 tsp salt
1/4 tsp pepper
1/2 lb large sea scallops,
preferably dry packed

Prep Time: 15 minutes
Cooking time: 8-10 minutes
Makes: 1-2 servings

If using regular (vs. dry packed) scallops, wash scallops, then thoroughly dry. If scallops are dry packed, pat dry any moisture.

Melt butter in microwave, 20-30 seconds.

Add shallot, garlic, salt, and pepper.

Stir in breadcrumbs to butter mixture until breadcrumbs look shiny but are mostly dry. Exact quantity depends on type of breadcrumbs used.

Preheat toaster oven to 425° F for a maximum of 2-3 min.

Place scallops in baking dish that will fit in toaster. Spread breadcrumb mixture on top.

Bake in toaster until scallops are opaque on top and have some resistance when pressed. Check at 8 min and bake longer as needed. Do not overcook!



30 seconds
in a microwave



40 minutes
in a toaster oven



A 1960's cooking lesson with City Light expert Home Economist, Mary Norris.

Carnitas

Allison Das
Seattle

1 5 lb pork shoulder
2 oranges
2 limes
2 tsp garlic salt
1 tsp garlic powder
1 tsp cumin
1 tsp chili pepper
1 tsp onion powder
1 tsp black pepper
1 tsp cayenne pepper

I spent practically no time in the kitchen, which gave me plenty of time to be an engaged hostess.

Prep Time: 20 minutes

Cooking time: 6-8 hours minutes

Makes: 4-6 servings

Rinse and pat down pork shoulder and put in crock pot.

Mix all spices together in a small bowl and rub mixture all over pork shoulder.

Zest limes and oranges, and rub them on the pork shoulder also.

Juice the limes and oranges, and put the juice in the crock pot with the pork.

Put the lid on the crock pot. Turn the crock pot on, using the low setting

Check after 6 hrs to see if pork is falling apart. If not, let go another 2 hours or until tender.

Remove pork from crock pot and put in bowl. Use 2 forks to shred the pork.

Serve pork with remaining juices. Additional serving suggestions: corn tortillas, red cabbage, guacamole, salsa, cotija cheese.



6-8 hours
in a crockpot

Lemon Artichoke Pesto Pasta

Mary Galvez
Tukwila

It's an easy and tasty recipe and now I know how much energy (and money) I'm saving! I bought the pasta, lemon, garlic, cheese and basil from a local farmers market and then used great kitchen tools to help prep the dish quickly.

Prep Time: 5 minutes

Cooking time: 8 minutes

Makes: 1-6 servings

Place the first six ingredients into base of the Tupperware Chop 'N Prep Chef. Replace cover, twist to seal and pull cord 4 to 5 times to process until coarsely chopped. Adjust seasoning with salt and pepper.


Measure the amount of the spaghetti (or any variety of pasta) and water needed by following the measurements of the microwavable Tupperware Pasta Maker, 1 to 6 servings. Microwave times and wattage vary by models. Take the cooking time on the pasta packaging and add 2 to 5 minutes to reach al dente. Pasta ready in as fast as 8 minutes!

Mix the pesto and pasta in a bowl and enjoy!



8 minutes
in a microwave

- : 1/2 cup canned artichoke hearts,
drained
- : 3 cloves garlic, peeled
- : 1 T grated parmesan cheese
- : 1/4 cup fresh basil leaves
(about 8 leaves)
- : 1/2 T extra-virgin olive oil
- : 1/2 T lemon juice
- : Salt and pepper to taste
- : Pasta

A man and a woman are smiling and cooking together in a kitchen. The man, on the left, is wearing a striped apron and holding a black spatula over a frying pan. The woman, on the right, is wearing a red apron and pouring oil from a small bottle into the pan. The pan contains colorful vegetables like tomatoes and cucumbers. In the background, there is a stainless steel pot on the stove, a sink with a faucet, and a vase with red flowers. The kitchen has light-colored cabinets and a tiled backsplash.

With the advent of conservation, City Light's emphasis shifted from load growth to energy efficiency, and the Home Economics program was discontinued.

Greek Apple Cake

Myrna Hoffman
Seattle

The recipe worked beautifully in the toaster oven, it needed no temperature or timing adjustments, and my kitchen stayed cool in the summer heat.

Woohoo!

Prep Time: 15minutes

Cooking time: 50 minutes

Makes: 4-6 servings

Butter and flour a 9" baking pan. Mix all ingredients (except fruit) and spread in baking pan. Lay slices of fruit close together over surface of the batter. Sprinkle sugar & cinnamon mixture over fruit.

Bake at 350° F for 50 minutes.



50 minutes
in a toaster oven

BATTER

1/2 cup butter (1 stick)

1 cup turbinado sugar

2 eggs

1 cup Brown Rice Flour

1 tsp Baking Powder

1 tsp Almond Extract

FRESH FRUIT

1 1/2 cup thinly-sliced apples
(peaches or pears also work well)

TOPPING

1/4 cup turbinado sugar

1 tsp cinnamon

Indian Lentil Dal

Lindsey Ismailova
Seattle

2 cups red lentils
4 cups chicken broth
1 cup water
1/2 of a yellow onion,
finely chopped
4 garlic cloves,
finely chopped
2 inches of fresh ginger, peeled
and finely chopped
3/4 cup celery, finely chopped
1 tsp turmeric
1 tsp garam masala
3/4 tsp salt
1/2 can coconut cream or
coconut milk
Small bowl of salsa

I loved watching the lentils soften and change shape and color as all of the flavors blended. It's fun to cook low and slow for a change.

Prep Time: 20 minutes

Cooking time: 8 hours

Makes: 4-6 servings

Place all ingredients in crockpot.

Cook on low setting for 8 hours.

Serve over brown rice, basmati, white rice or with Naan flatbread.

It's great with fresh tomato, cilantro, and sour cream.



8 hours
in a crockpot

Roasted Pork Tenderloin

Rebecca Kijak
Seattle

I LOVE how fast this is done (under an hour prep to table), and that I don't have to heat up the oven, which in turn heats the whole house.

Prep Time: 10 minutes

Cooking time: 35-45 minutes

Makes: 4-6 servings

Place rack in the lowest part of the oven, to make sure the pork doesn't touch the top part of the toaster oven.

Combine the rub ingredients and rub tenderloin generously, covering all meat and fat.

Place pork loin on broiler pan with rack or roasting pan with rack (my toaster oven came with one!).

Roast for 15 minutes at 425° F, then reduce heat to 350° F and roast for an additional 20-30 minutes. (Until internal temp is 155° F).

Allow pork to sit for at least 5 minutes before carving, it will continue to cook and retain yummy juices!

2-pound boneless pork tenderloin.

RUB

1/2 T salt

1-2 T olive oil

2 garlic cloves, minced

1 tsp dried thyme

1 tsp dried rosemary

1 tsp dried basil



35-45 minutes
in a toaster oven

Darby's Lamb Stew

Darryl Miller
Shoreline

*1 medium carrot,
peeled and chopped fine*
*1/2 medium onion,
peeled and chopped fine*
1 stalk celery, chopped fine
1/4 cup of chopped leek
1 shallot, peeled and chopped
1 T butter
1 T flour
*1 russet potato,
peeled and chopped*
*1 handful of parsley,
chopped coarse*
2 lb lamb meat, cubed
2 tsp kosher salt
1/2 cup red wine
2 T tomato paste
1 bay leaf
1 garlic clove
1/2 tsp black pepper
1 cup water

Prep Time: 30 minutes
Cooking time: 11 hours
Makes: 4-6 servings

Set cooker to high.

In a skillet, over medium heat, using butter, sauté carrots, onion, celery, shallots and leeks for 10 minutes until vegetables are cooked well and soft.

Add flour to the vegetables and stir well.

Add potatoes, cook for another 5 minutes.

Add the cooked vegetables to crockpot along with a whole clove of garlic.

Using skillet, brown lamb meat at medium-high for 10 minutes. Add salt, wine, water, stir and add to crock.

Add parsley and pepper.

Re-set cooker to low setting for 10 hours cook time.

Serve with bread and wine.



**10 hours
in a crockpot**



A pioneering conservation program began in 1977, a program that has teamed up with customers to save them energy and money, in total program participants have saved \$806 million on their bills.

Lime Cilantro Chicken

Kate Neschke
Seattle

4 boneless, skinless
chicken breasts

Olive oil
(to coat the chicken breast)

1/2 cup fresh lime juice

1/4 cup nonalcoholic or light beer

1 tsp minced fresh garlic

1/2 cup fresh cilantro, chopped

1/2 tsp fresh ground black pepper

*NOTE: If you're short on time, you
can cut the chicken into thirds and
cook on high for 3 hours.*

This tasty chicken is perfect for a simple summertime meal. Make a batch ahead of time and use for quesadillas, nachos, southwest pulled chicken sandwiches or serve with avocado and black beans.

Prep Time: 10 minutes

Cooking time: 6-8 hours

Makes: 4 servings

Coat the chicken breasts with olive oil and place in the slow cooker.

Combine the rest of the ingredients in a bowl and pour over the chicken.

Cook chicken on LOW for 6-8 hours.

To serve: Slice or use two forks to shred chicken.



6-8 hours
in a crockpot

Pot Roast

Scott Reese
Seattle

My grandmother used to make this growing up in a big dutch oven. I remember the aroma wafting through the kitchen all day long. She would serve it with homemade Yorkshire Pudding and it was my favorite. I was able to adapt the recipe to the Slow Cooker and I think Grandma would be proud!

Prep Time: 20 minutes
Cooking time: 6-8 hours
Makes: 6-8 servings

Sprinkle Montreal Steak Seasoning or a bit of Kosher Salt on the chuck roast and brown on all sides in a frying pan.

Put roast in slow cooker and add water, broth/consommé, onion soup mix, garlic, garlic salt and pepper. Add carrots, potatoes, and celery to and mix ingredients, leaving meat on the bottom.

Cook for 6-8 hours on low setting depending on your brand of slow cooker.

After six hours, check the broth and add salt or pepper to taste. Also, cut the roast up into chunks and give everything a stir.



6-8 hours
in a crockpot

3-4 lbs chuck roast
1 packet dry onion soup mix
1 onion, chopped
4 stalks celery, chopped
2 large carrots, chopped
6 small gold potatoes, cubed
1 tsp garlic salt
2 garlic cloves, minced
1 can beef broth or
1 can beef consommé
1 cup water
Ground black pepper to taste
Optional:
Montreal Steak Seasoning

Pork Loin with Apples

Bonnie Thompson
Seattle

1 pound Pork Loin

*3 Granny Smith apples,
peeled and sliced*

1/4 cup raisins

*1/2 T Greek or other type of
Mediterranean seasoning (no salt)*

Quick, easy and healthy!

Prep Time: 30 minutes

Cooking time: 6-8 hours

Makes: 2-3 servings

Wash and pat dry pork loin.

Place in slow cooker.

Peel apples and slice. Place apples along side pork loin and add raisins.

Turn on slow cooker to low.

Cook approximately 6-8 hours.

Serve with salad



**6-8 hours
in a crockpot**

Happy Cookin'!

